

## WOODLAND CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

**DATE:** Thursday, October 17, 2024

**SITE:** Greenfield Park – I24TH St. & Lincoln Ave.

**TEAMS:** Brown Deer, Cudahy, Greendale, Greenfield, Milwaukee Lutheran, Milwaukee Pius, New Berlin Eisenhower, New Berlin West, Pewaukee, Shorewood, South Milwaukee, West Allis Central, Whitnall, Wis. Lutheran

**BUS LEAVES:** 12:45 pm

**BUS RETURNS:** 6:50 pm

**EXCUSED FROM CLASS:** 12:30 pm

**TIME SCHEDULE:**

3:00 p.m. – Girls JV	5:05 p.m. – Boys Varsity
3:45 p.m. – Boys JV	5:55 p.m. – Awards Presentation
4:30 p.m. – Girls Varsity	

**MEET PROCEDURES:**

- 1:25 – Everyone walks the course
- 2:10 – Girls JV do 14 minute warm up run, stretch, sprints
- 2:45 – Girls JV at Starting Line (Box 4)
- 2:55 – Boys JV do 14 minute warm up run, stretch, sprints
- 3:40 – Boys JV should be at the starting line.
- 3:45 – Girls Varsity do 14 minute warm up run, stretch, sprints
- 4:15 – Girls Varsity should be at the starting line.
- 4:20 – Boys Varsity do 14 minute warm up run, stretch, sprints.
- 4:50 – Boys Varsity should be at the starting line.

10 minutes after your race, start your post race cool down procedure.

**AWARDS:** Medals to top 24 in Varsity races

**CONCESSIONS:** concessions and t-shirts will be available on site.

**ONE PERSON CAN BE A CRUCIAL INGREDIENT ON A TEAM,  
BUT ONE PERSON CANNOT MAKE A TEAM!!!**